

# Ec -Sense

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The Allergy and Environmental Health  
Association of Canada  
Association Allergies Sante et Environnement  
du Canada  
Ottawa



**Healthy Housing**

\$ 2.95

Spring 1995

## OUR THANKS

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Many thanks to those who have made donations to AEHA:

Myriam Bouchard  
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Reesa Greenberg  
Beate Mansfield

## CONTENTS

President's Message	3
CMHC Studies Duct Cleaning	4
People Should Not Live in Moldy Houses	6
Housing	9
Medical	10
Tipbits	10
Branch News	12
Classy Classified	16
Products	17
Food	18
Pot Pourri	19

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## president's message

As a person diagnosed with both Multiple Chemical Sensitivities (MCS) and depression, I notice that some of us continue to fear that public acknowledgement of the psychological toll of living with MCS could be damaging to the advancement of our issues. To my mind, it would be abnormal to be faced with the multitude of restrictions experienced by persons with MCS and maintain complete emotional health. Anyone faced with such obstacles as verbal abuse and physical abuse (through prescription of inappropriate drugs and exposure to chemicals) from medical practitioners, discrimination with respect to social services, lack of employer accommodation, unemployment, or the financial strain associated with seeking treatments not covered by Medicare can reasonably expect to be suffering a degree of depression and anxiety. Add to that rejection by friends and family who do not understand the diagnosis, and the burden can be so heavy as to lead to suicidal thoughts.

It is unfortunate that even the physicians who have the courage to treat patients with MCS do not themselves have truly "accessible" offices because of the costs involved; this is a very real problem. Many patients are compromised before they even enter the physician's office door for testing and treatment. The multitude of obstacles we face would strain anyone.

From the telephone calls received by members, it is evident that depression is a prevalent problem. Although only one member has indicated an interest in being on a roster of names to provide mutual support, some are so depressed that they cannot even lift up the phone to call for help. It is only when a telephone committee member reaches out to them that they may share their desperation and receive support in return.

Since there is a price to pay for living with MCS, we need to support one another and work together to remove the barriers we face everyday. Please think about how to share your successes so that others may benefit without a lengthy search. Write an article, be a telephone caller, sit on a committee... Whatever your burning need, we may be able to connect you with others with similar needs to work together for the benefit of all. We are all volunteers and the majority of our members have MCS.

*Together we can make a difference -  
one step at a time*



My apologies and thanks to all members who diligently completed questionnaires a while back or to new members who have subsequently done so. I had hoped to summarize this information long before now. Anne McCallum and Kathy Dickinson have kindly taken over this task and hope to report in our Summer *Eco-Sense*. If you have volunteered through the membership survey and have not been contacted, you will be contacted soon. We appreciate and need your participation.

A thank you to the translators who came forward. If you can help, please call. Many hands make light work!

Many thanks to Ken McNairn for rescuing our "membership" computer.

The Board of Management is pleased to welcome Susan Bright, Sharon Jeffers and Anne McCallum to our Board.

Hope to see you at upcoming meetings and at the Member Home Tours to be held this Spring.

*Elizabeth Stutt.*

## CMHC STUDIES DUCT CLEANING

### from Research and Development Highlights for Consumers

Professional duct cleaning companies claim that routine duct cleaning improves air flow, reduces dust and mold in the house, saves energy and generally makes the home more comfortable. In response to numerous public enquiries about this subject, CMHC initiated research projects to assess the effectiveness of duct cleaning in homes, and to examine biocide use by duct cleaning companies.

#### The Duct Cleaning Project

CMHC contracted with a research team to conduct the duct cleaning study. The team was required to study certain conditions in a number of houses before and after duct cleaning. The field research was conducted in and around Montreal. The research team first identified homeowners who were planning to have their ducts cleaned. From these, thirty-three were selected for the study. The houses varied by age, number of occupants, smoking habits of occupants, type of heating and ventilating equipment, and type of energy used for heating.

Researchers took before- and after-duct cleaning measurements of air flow in the supply ("hot") and return ("cold") air ducts, the amount of electricity used by the furnace fan, dust concentrations in the air, and levels of mold and bacteria in the house. The duct cleaning companies were not aware that they were part of a study.

Duct cleaning companies sometimes clean the house's furnace fan when they clean the ducts. To see if a clean furnace fan improves

air flow or saves energy, the fans in a number of houses were cleaned and the air flows measured before the duct cleaners arrived. The cleaners were not told the fans had been cleaned.

#### What the Project Found

##### *Air Flow and Related Measurements*

- Duct cleaning did not significantly reduce the amount of energy used by the furnace fan nor did it significantly increase supply or return air flow rates.

##### *Dust Measurements*

- Many ducts were not cleaner after the exercise.
- In most cases, the duct cleaning resulted in significant reductions in the amount of dust on the surface of the return air ducts. Concentrations of dust were very low in the supply air ducts, both before and after the cleaning.
- The largest reduction in the duct dust concentrations occurred in those return air vents where the ducts were dirtier to start with.
- Measurements of the dust in house air showed that there was no significant reduction after duct cleaning. Some houses showed a temporary *increase* in dust levels for several hours after the duct cleaning.

##### *Measurements of Micro-Organisms (Bacteria, Yeast and Mold)*

- The observed concentration of micro-organisms in house air were below recommended levels, both before and after.

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- Concentrations of micro-organisms in house air were lower after duct cleaning; however, the cleaning did not significantly reduce concentrations on duct surfaces.

### Conclusions

Since electricity use by the furnace fan, airflows and airborne dust concentrations were similar before and after cleaning for the overall sample, industry claims of energy savings, increased airflow, and dust reduction cannot be verified using the results from this project.

It is not clear that duct cleaning is responsible for the minor reduction of micro-organisms in house air, since this could have been due to the biocides used during cleaning, or to the timing of the testing.

### The Biocide Project

Because the field research team was unaware that many duct cleaners routinely spray the cleaned ducts with biocides used to kill molds, bacteria and yeasts, the use of these products was not assessed in the first project. A second contractor was commissioned to examine biocide use by duct cleaners across Canada. The study included a telephone survey of over twenty duct cleaners to find out what biocide products they use, under what conditions, and how the biocides are applied. Field testing was conducted on five houses where ducts had been cleaned and biocides used. The testing measured the amount of biocides applied, and the concentration of biocides remaining on the duct surfaces and in the house air after the duct cleaning service.



### What the Project Found

The research found that biocide use by duct cleaners varies greatly: some duct cleaners never use them; other use them at each duct

cleaning service. The measured concentrations of biocides in the house air after the duct cleaning were found to be relatively low. The impacts of biocides used during residential duct cleaning have not been assessed. Consequently, the potential health effects of even small quantities of biocides in the house air are currently unknown.

### Implications for Homeowners

- Homeowners should not necessarily expect significant improvements in their home's indoor air quality, nor reductions in their heating bills, as a result of duct cleaning.
- Cleaning only the return air ducts and the furnace fan may be the most effective and efficient way of improving air circulation with an existing system.
- Until the efficiency of biocides are proven and their potential effects established, householders should refrain from having biocides applied. According to federal authorities, no products are currently approved by the Pest Control Products Act for use in residential duct cleaning.



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# PEOPLE SHOULD NOT LIVE IN MOLDY HOUSES

compiled by Christine Croskery

*On November 17th, Jim White, Senior Advisor of Building Science at CMHC, was guest speaker at a meeting of the AEHA. For those in the audience, it was an enlightening evening, so much so, that we felt it was important to pass Mr. White's message on to all our members. So, for those of you who were unable to attend, here's a summary of the information he presented.*

Several international questionnaires have shown a consistent correlation between reported mold and moisture problem symptoms and respiratory disease symptoms. The symptoms measured in these studies do not resemble the allergies with which many of us are acquainted; instead, they appear to be toxic (or poisonous) reactions. The weight of this recent evidence is sufficient that the Canada Mortgage and Housing Corporation, Agriculture Canada, and Health Canada have come out in support of the idea that **people should not live in moldy houses.**

Determining whether there is too much mold in a particular home is not a simple measurement. The evaluation depends on how much mold debris there is and which type of mold dominates. A large amount of some molds is harmless, whereas tiny amounts of other molds can cause health problems. As well, the mold conditions in a house can change rapidly, if the conditions are ripe.

To reproduce consistently, most molds require 3 things: a *large amount of available moisture, food, and oxygen.* Now, there are a few molds that thrive in unusual circumstances, such as within ice, or in almost-boiling water, or even in oxygen-free environments but, as a general rule, the conditions that are good for humans are also good for molds. To control mold growth, we

need to limit at least one of the things it requires to reproduce. Limiting food or oxygen in the house is an impractical solution; the key to keeping mold growth down, therefore, becomes moisture control. Put another way, it is necessary to maintain low Relative Humidity in a house. This task has two components: controlling sources of moisture and achieving proper ventilation. Although there are instruments for measuring Relative Humidity in a home, they are often expensive and sometimes unreliable. Common sense may be a better way of determining whether you have a moisture problem.

## Sources of moisture

When determining whether too much moisture may be a problem in your home, consider these sources:

1. people and pets - adults give off 1 litre or so of water each day (more on sweaty summer days); pets release a smaller amount of water, according to their body weight. The more people and pets in a house, the more moisture
2. basements - these leak water and moist soil gases. Ensure that your basement has outside drainage
3. condensation - warm-enough surfaces come in to play here since water will condense out of the indoor air and onto surfaces that are cold enough. Well-insulated walls and ceilings, without major insulation defects, are always warm enough; however, uninsulated or poorly insulated ones can cause big problems. Most often, condensation problems in Canadian homes come from the windows. These are rarely suited to our climate and as a rule do not have anywhere near enough thermal

resistance to prevent condensation from forming. Although better windows are finding their way onto the market, it is, for the time being, recommended that storm windows be installed in winter (even on double-glazed windows) to help prevent condensation. When you decide to upgrade your windows, ask for those that meet the new standard - **CSA A440**

4. muggy summer air - turning on the air conditioning will help prevent moisture problems in the Fall. A dehumidifier is another, less-efficient, means of controlling moisture

5. plants - most of the water you add to plants ends up in the indoor air

6. clothes, floors or dishes dried indoors - ensure that your clothes dryer is vented outside. Also, turn on the range hood fan whenever the dishwasher is on

Among these moisture sources, wet basements are the cause of more moisture problems than all other causes combined. It is important to note that the symptoms of a wet basement often show up elsewhere in the house.

By controlling moisture sources in your home,

you will ensure that your ventilation needs are not too great and, thereby, avoid moisture and mold problems.

## Ventilation

Any house with people in it requires some ventilation to remove moisture from the house.

Ventilation is actually made up of 4 different processes: The first is *air exchange*, which involves moving fresh air into the house and exhausting stale air to the outside. Air exchange is the most important of the four processes and often requires the use of an air-to-air heat-recovery ventilator. [Note: Hypersensitive people have been known to react to the plastic core in heat-recovery ventilators. We recommend that those with sensitivities choose ventilators with a stainless steel core or have the plastic core baked at high temperature prior to installation.] The second process is the *distribution of air* between all the inhabited rooms in the house. Forced-air heating systems often perform this task, although heat recovery ventilators can also help distribute the air. *Circulating air* within each room is the third part of effective ventilation. Good circulation helps avoid moisture problems by keeping all air near the same temperature and by moving moisture around so that it can be removed from the air. Victims of poor air circulation often include the areas behind furniture, bedding and curtains. The last component of ventilation involves *heating or cooling, humidifying or dehumidifying or filtering* the air. Of these, it is most important to remember that humidification is NOT required in most Canadian houses.

The best way to tell if you have enough ventilation is to pay attention to the air in your home. A well-ventilated house will have few lingering odours and a "fresh" smell most of the time.

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## Moldy Houses - cont'd

### Cleaning up mold

If you find that your home does have a mold problem, it is important to clean it up quickly. Make sure you clean up mold as soon as you see it. Unfortunately, the only substance Jim White can recommend to effectively clean mold is neat chlorine bleach. When using it, make sure that the area is well ventilated. [Note: Wear a face mask and gloves and be sure not to splash the bleach on your coloured clothing as you will end up wearing nice, white polka dots. To prevent reactions, you may wish to have another, less sensitive individual, do this cleaning for you.] 4:1 diluted bleach mixed with a bit of dishwashing liquid will kill mold on uninfected surfaces. For more serious mold problems, the bleach should wet the colony of mold for about 15 minutes. For badly molded surfaces, use pure bleach directly on the affected area. The diluted mixture will not be strong enough to produce the desired results. After the elapsed

time, dry the surface quickly to prevent new mold growth.

For regular cleaning, wipe surfaces with vinegar (an acid) or baking soda (an alkali). It is best to alternate between vinegar and baking soda with each cleaning since some molds like acids and others like bases but none like both. To keep clothes mold-free, try alternating borax and vinegar in your wash water.

If a moldy thing cannot be fully cleaned, it must be discarded. It may be your favourite old sweater or a memento from your childhood, but don't make it more important than your health.

For a more detailed description of how to clean different surfaces, please refer to **Clean-Up Procedures For Mold In Houses**, a publication available through the Canada Mortgage and Housing Corporation (CMHC), 700 Montreal Road, Ottawa, ON, K1A 0P7.

## RAINBOW FOODS

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## Composting

What is good for the environment may be terrible for people. Compost heaps use fungi to break down matter so it can be used again by plants. The fungi that make good compost make people very sick. Treat composting with great respect, turning only when the pile is dampened, and only when wearing a good dust mask.



**Research House for the Environmentally Sensitive** is a prototype house (on the grounds of CMHC, Ottawa) designed and constructed to demonstrate and provide an opportunity to evaluate a range of innovative features which can help achieve a clean indoor environment while reducing the cost of housing for people who are environmentally



hypersensitive and others who suffer from allergies and respiratory diseases, such as asthma. A free publication (by the same name - NHA 6796) giving a description and technical details of this house is now available by writing to the

Canadian Housing Information Centre, 700 Montreal Road, Ottawa, ON, K1A 0P7 or by phoning (613) 748-2367 or faxing 748-4069. Topics covered are materials and components, mechanical and electrical systems, ventilation systems, furnishings and house design and construction. Disponible en français - *Maison de recherche pour les personnes hypersensibles aux polluants environnementaux*.

**Healthy Materials** is a twice-yearly Communique, on Material Emission Testing and Standards Activities. The publication is useful as a forum within the research and information international community and, so far, 21 countries are participating. The first three issues of the publication are free. From issue 4 onwards, (Fall '95) the cost is \$40 (Cdn) for 2 issues each subscription year. Disponible en français sous le titre *Matériaux sains*. To subscribe fax: Jim White (CMHC) at (613) 748-2402 or Terry Robinson (Scanada Consultants Ltd.) at (613) 236-7202.

**Hospital Tests Building Materials** - The

Whitby Psychiatric Hospital is undertaking a redevelopment of its facilities (Whitby is east of Toronto). The redevelopment is designed to be as environmentally conscious as possible and incorporates low-maintenance, ecological landscaping outdoors and advanced air quality considerations indoors.

The Ontario Ministry of Health commissioned a study by Green-Eclipse Inc. to ensure that the indoor environment in the new hospital will be healthy for both patients and staff. The study raised a number of issues regarding emission testing and the choice of materials. It identified a number of materials that have emissions significantly above an estimated "no effect" range proposed by Lars Molhave of Denmark in recent research into the relationship between levels of volatile organic compounds (VOCs) and the incidence of building illness. Copies of the study are available from Bruce Small, Green-Eclipse Inc. (905) 649-1356 Fax: (905) 649-1314. Ref: *Healthy Materials* Spring 1994.

Ref: *Eco-Sense* Summer 94, p.3. The results of the survey, jointly funded by CMHC and Health Canada, on Mold and Dust in the community of Wallaceburg, Ont. will not become available to the public before 1996. Some houses are being re-assessed.

**Ecology House** in San Rafael, California, the first U.S. federally subsidized housing complex for people with chemical sensitivities, turned into a nightmare instead of a miracle. During the building of the complex, it was decided that no sealant would be used on the interior concrete walls because not everybody tolerates the same sealants. The result was unsealed walls that are shedding a fine white coating and making the occupants sick. *BEnd Bulletin* Nov 12, 94.

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## medical

**EpiPen** - When obtaining the first prescription for EpiPen or Ana Kit epinephrine medication, you should get information from a **reliable** source on how to properly utilize these. Not all doctors are knowledgeable; some have never used an EpiPen. Some pharmacists may be more familiar with the EpiPen, if they have experimented injecting the medication into an apple. Read the instructions carefully and, if you have questions, call the Allergy/Asthma Information Association at (905) 712-AAIA.

While the EpiPen is an auto-injecting device, the Ana Kit is a syringe. Using either can be tricky, particularly when you are under the pressure of an emergency situation. It has been reported that people administering the medication through an EpiPen have, by mistake, injected themselves, dropped the medication or lost it because it activated before they had time to inject it. You can obtain an EpiPen **trainer** at your pharmacy or from Allerex Laboratory Ltd at (613)592-8200

### Tipbits

When eating asparagus gives your urine a strong colour, it is a sign that you cannot metabolize **aspartic acid**, an amino acid found in this vegetable.

**Vitamin C** supplements may improve your health but not, it seems, if you chew on them. A report in *The American Journal of Dentistry* warns that just 500 mg of the chewable form of vitamin C is enough to acidify the mouth to the point where tooth enamel is eaten away. The report recommends that users buy regular rather than chewable tablets, and swallow them whole instead of biting into them. (*NARD Journal*)

in order to practice. It may help to prepare you for the "pop" noise the pen makes when it is injected; however, it cannot prepare you for how sensitive the black tip of the EpiPen (medication) is once you have removed the grey cap. The AnaKit, on the other hand, is a syringe. Before attempting to use this product, learn to use it properly. The procedure for activating the dosage regulator has caused problems for some people. Members who suffered anaphylactic shock when they were alone have reported being unable to use the syringe because their vision was distorted. A useful tip is to have both EpiPens and an AnaKit. Learn to use both. Review procedures on an ongoing basis to refresh your memory. That's the best way to prepare yourself for an emergency.

**Indoor Air Pollution: An Introduction for Health Professionals** is a booklet which provides information written for health care professionals about health effects, symptoms and suggested remedial actions associated with exposure to pollutants indoors. It was created under a cooperative agreement with the American Lung Association. Additional sponsors are the American Medical Association and the U.S. Consumer Product Safety Commission.

Indoor air pollution can be a serious and under-diagnosed cause of physical illness. Since the health care community has little information about this issue, health care professionals are a key audience for guidance about indoor air pollution. Most health care practitioners do not fully appreciate the extent to which exposure to pollutants in homes and offices can affect health. Booklets can be obtained from: Indoor Air Division (6607J), U.S. Environmental Protection Agency, Office of Air and Radiation, 401 M Street S.W., Washington D.C. 20460 (202) 233-9030.



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## branch news

### DATES TO REMEMBER

McNabb Community Centre -  
7:30 p.m. (Gladstone/Bronson)

Thursday, April 20, 1995  
Ms Adele Stratton, N.D.  
Advanced Visceral Therapy

Thursday, May 18, 1995  
Dr. Lynn Marshall  
Diagnostic Criteria for  
Environmental Sensitivity

Workshop: May 30, 1995 (7-10 pm)  
Leslirae Rotor and Elizabeth Stutt  
The Environment of Learning  
Pre-registration: Fee \$40/person  
(profits to Krop Defence Fund)  
Copy of *Accommodating the Needs  
of Students with Environmental  
Sensitivities* will be given to each  
workshop participant. Copies may  
also be obtained for \$15.00 from the  
AEHA Education Committee.

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June 2, 1995  
National Annual General Meeting  
Halifax, Nova Scotia

June 3, 1995  
Presentations and possible tour of  
the new clinic in Fall River, NS

#### Pot Luck Dinner

A casual get-together is planned for  
2 pm on **June 24th** (rain or shine) at  
Linda Phillips' house, 1531  
Beafield St., Orleans, 837-2661.  
Bring a prepared dish to feed 6  
people, list ingredients. Bring your  
own water if necessary.

**MESH Ottawa Meetings:** (Hintonburg C.C.)  
1064 Wellington St. - Info: 789-MESH (6374)

Sat. April 8, 1995 - 2 p.m.  
Non-strenuous Exercise & Relaxation  
and Brain Gym

Sat, May 6, 1995 - 1 p.m.  
ME World Awareness Week  
Anil Jain, M.D.

AEHA General Meetings have been  
videotaped by our Workshop Co-ordinator,  
Kathy Dickinson (838-3106). If you are unable  
to attend these meetings, **videos** are  
available, on loan, through the book library.  
Topics covered on video are:  
Healthy Schools by Ed Lowans  
Acuticular Therapy by Lise Couture  
Alexander Technique by Richard Albert  
Molds in Your Home by Jim White  
Relaxation and Imagery by Anne Carter

Many thanks to Johanne Falardeau and  
Kathy Dickinson for staffing the AEHA  
information booth at Ottawa Chemists on  
January 7th during the 2 for 1 sale.

**Fragrance-free church service at  
Barrhaven United Church, 3013  
Jockvale Road, Nepean, May 28, 7 pm.**

We thank the people who sent in information  
as requested in our last *Eco-Sense*.  
Considering the articles received, a future  
issue will cover the topic of scented products  
and perfumes. The Allergy/Asthma Informa-  
tion Association (AAIA) requested in their  
Fall 94 Quarterly publication that members

## branch news

send in information on how they handle the problem of perfume in the workplace or church. This is a complicated problem! Although it is now recognized that millions of people die each year from the effects of cigarette smoke, it took 20 years and a lot of research to come to that conclusion! Although a lot of people are made ill from scented products, a relatively small number of people die from exposure to them. For the time being, we may need to appeal to people's generosity, rather than their fears, as a strategy for persuading them to refrain from wearing odorous products. There is a lot of work to do!

AAIA has a full colour NO PERFUME poster (8 1/2 x 11) for sale - shows a bottle of shampoo, hair spray, after shave & perfume with the superimposed internationally-recognized barred red circle. Cost for non-members \$6.50; \$4.50 each for AAIA members with a 10% discount on orders of 10-19; 20% on orders of 20 or more. Place your **order** through AEHA to obtain the discount - (see enclosure).

**Eco-Sense** - How did our newsletter get its name? We had a **contest**! And now, we're

having another one. We are looking for a logo that is catchy, yet not offensive, for a button and a T-shirt to convey the message that some people do not tolerate odorous products (not just perfume). This is your chance to win a year's membership to AEHA. We need your participation, your **ideas**. If you don't have any, brainstorm with your spouse, your kids, whomever, but do it! Ultimately **you** will benefit from this! A number of suggestions have already been expressed. Add yours to the list (**see enclosure**). In order to sell a product, one must first have something the **majority** of people wish to buy, so we're asking you. Make this a success! Get involved!

**T-Shirts** - AEHA Ottawa has obtained samples of 100% organically-grown and chemical-free cotton T-shirts from Nature's Clothing Co. (see ad). They are made from medium weight jersey in a natural colour and come in short and long sleeve styles. The T-shirts will be inscribed with a logo. An exact price cannot be quoted until we establish the demand; a discount is offered for 100 T-shirts or more. Without the discount, short sleeve T-shirts may sell around \$22 and long sleeve around \$32

### P.B.M. environmental ltd.

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## branch news

(includes PST, GST, handling & logo). Children's sizes available at a lower cost. Again, this will be done **only** if we have enough of a response. Let's do a bit of publicity here and let the world know we exist! To order **see enclosure** or call Kathy at 838-3106.

**Source Book** - a source book is being compiled containing useful sources of products, air and water filtration systems, contacts and services for the environmentally sensitive. You are encouraged to participate in this worthwhile venture by phoning our Source Book Coordinator Lynn Cicutti at 731-8690 or by mailing in information which could be useful to others. Please don't assume we know it all,

'cause we don't! (**see enclosure**).

**Organic Farmers Market**, Kingsway United Church, 630 Island Park Drive - every Saturday 10 a.m. to 2 p.m. **VOLUNTEERS** needed to staff an AEHA table. Call Kathy at 838-3106.

**Membership Renewal** - The number on your address label represents your date of renewal. If your membership has expired, renew while you think about it. Send your renewal to P.O. Box 33023, Nepean, Ont. K2C 3Y9. Renewing directly to National may forfeit the benefits of remaining an Ottawa chapter member and of receiving *Eco-Sense*.

National Access Awareness Week  
May 29th to June 4th

**Healthy Home Tours** - People who have built custom-designed homes, have made renovations to their homes, or are renting units especially built for the environmentally sensitive are opening their homes to **AEHA members** for viewing and discussion of the whys and what fors.

Open House at Home of:

(directions enclosed)

|                                                       |                                                |                                   |
|-------------------------------------------------------|------------------------------------------------|-----------------------------------|
| Christine Croskery                                    | April 29                                       | 10 am - 12 noon                   |
| Elizabeth Stutt                                       | April 29                                       | 12 noon - 2 pm                    |
| Kitty Nelms                                           | May 20                                         | 10 am - 12 noon                   |
| Virginia Salares                                      | May 20                                         | 12 noon - 2 pm                    |
| Research House for the Environmentally Hypersensitive | May 27<br>also May 29 (open to general public) | 12 noon - 2 pm<br>10 am - 12 noon |
| Johanne Falardeau                                     | May 27                                         | 10 - 12 noon                      |
| Linda Phillips                                        | May 27                                         | 12 noon - 2 pm                    |

**Organic Meat:** Carolyn and Mel McCoy have graciously offered a new freezer location for our expanded line of organic meats. We welcome them back to this job (the McCoy's were wild game chairpersons for several years, back when we were the H.E.F.). From now on, the 4th Sunday of every month, between 1 and 4 pm, will be the designated time for organic meat purchases. Call the McCoy's at 825-0279 to place your order and check for availability. If you are unable to make the designated time or an unexpected need for meat arises, Carolyn and Mel have offered to negotiate alternative arrangements. They are located at 18 Newland, in south-west Nepean close to Woodroffe and Hwy. 16 (call for directions). Stephane has kindly offered to assist those without transportation. Call on Saturdays (1-819-648-5864) to make arrangements.

We currently have a good supply of organic beef and - if ordered a week ahead - organic rabbits. Remember rabbits are white meat and taste very much like chicken. Organic chickens can be ordered at cost in **April** for delivery in late August or early September. The cost will be \$2.25/lb. Call Linda at 837-2661 or Carolyn. We need volunteers to help clean and prepare chickens the weekend they are slaughtered in order to provide this service. Unlike some so-called "organic" chickens, these free-range chickens are fed home-grown organic feed.

Unfortunately, we have had to raise the prices of our organic meats as cost increases have been passed on to us. Stephane has worked very hard to ensure that the quality of our meats is higher than the standard for organic sources, and the prices lower, where possible. With respect to wild game, cutbacks and changes in policy affecting the game wardens have meant additional work for Stephane, as well as increased costs and decreased supply. This year we must, therefore, limit quantities and restrict availability of wild game to those members who are unable to tolerate organic beef. If any remains in August, we will open up purchases to all. Although no problems have as yet been reported, there is a chance that deer or moose have wandered onto farmland and have eaten chemically-treated food. If you ever react to the wild game, please let us know so we can identify the animal and warn people who have purchased parts of the same animal.



For those with small freezers, you can have smaller quantities of meat set aside for you to pick up on the designated days. If you prefer rabbit cut in pieces rather than whole, the animal can be cut up for you at a cost of \$0.50 extra per pound. Please mention your preference when ordering.

Your organic meat committee.

### Organic Meat Prices:

|                               | Beef   | Rabbits | Deer   | Chickens |
|-------------------------------|--------|---------|--------|----------|
| Hamburger, ribs, stewing meat | \$4.25 |         | \$3.00 |          |
| Beef liver                    | \$4.25 |         |        |          |
| Rump roasts, round steaks     | \$5.00 |         | \$4.00 |          |
| Filet mignon, premium cuts    | \$6.00 |         | \$5.00 |          |
| Whole                         |        | \$3.50  |        | \$2.25   |



## classy classified

**Air Cleaners** - remove dust, mold, smoke, chemical offgassing, pollen, etc.

Tibbits #T101, portable, 10"H x 10"D 18"W - efficient for small room. Was \$499, selling for \$250.

Tibbits #PC260, portable deluxe console 10" H x 12" D x 24" W - efficient for larger area. Was \$649, selling for \$325. Call J. Jeffreys at 721-0139.

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Tibbits #PC260, portable deluxe console 10" H x 12" D x 24" W. Was \$700, selling for \$500 - 3 months' usage only. Installed an "in-house" Tibbits. Call Judi Walden-Brown at (613) 379-5513 (evngs), Kingston area.

**Tryptan** (tryptophane) - 200 - 500mg capsules bought at \$175.00, will sell at a discount price. Member cannot tolerate. Tryptophane is sold in Canada only by prescription, so member would prefer selling to someone who has been prescribed this amino acid. Call B. Bellin at 730-2403. We remind our members to buy in small quantities when purchasing expensive drugs or supplements.

**Help is needed** - severely chemically sensitive person with no car, living in Barrhaven, requires the help of a volunteer or someone who would accept limited remuneration to do errands. Call Catherine at 825-9416. Catherine would also like to exchange information with anyone who has used **light therapy** for Seasonal Affective Disorder or who have purchased books on the topic.

Mr. McNair is a qualified computer repairman. He is chemically sensitive and works best from his home. Should your computer need

repairs, you will be well served by calling on Ken, who will understand and respect your sensitivities as well as do a good job at a reasonable price. Call him at home in White Lake (613) 623-7057.

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Eco-Sense Spring 1995

## products

Barb B. (who has a keen sense of smell) has (finally) found a **skin cream** with almost **no odor**. Complex 15 by Schering Co. Available at the Glebe Apothecary (see ad). Barb also uses the Swiss Sea Kelp **shampoo**. It has a slight almond odor so she dilutes it in half. It sells for under \$4 at health food stores.

**SIDS** - Last November, the media made us aware of a British report that fire retardant materials in mattresses may be linked to Sudden Infant Death Syndrome. Although the chief medical examiner, Kenneth Calman, called the research "limited, inadequate and flawed" he did admit that "these reports raised some questions which need proper investigation". *The Cook Report* by Central Television, reported that some research showed large amounts of **antimony**, a fire retardant metallic compound, in numerous infants who had died from SIDS. The researchers claimed antimony becomes dangerous when it is converted into a difficult-

to-detect gas called stibine. They said they believe stibine can be created by the growth of a fungus caused by the buildup of urine and body heat. The older a mattress containing antimony is, the more likely it is to be soiled and poisonous, the researchers claimed. Health Canada says it wants to obtain and review the British study, but has not yet changed its belief that the cause of SIDS is still unknown (*The Ottawa Citizen*, Nov 25, 1994). For the moment, Health Canada recommends that "normal, healthy infants be placed on their back or side for sleep and that they be cared for in a smoke-free environment".

Other research, from John Hopkins University, the Mayo Clinic and the Medical College of Virginia, examined blood samples from 50 infants who died from SIDS and found that 20 of them had high levels of an enzyme called tryptase, which is released only by cells that participate in allergic reactions. (*The Ottawa Citizen*, Dec 6, 1994).

Custom made 100% cotton mattresses and cushions, without fire retardants, can be ordered for people with environmental sensitivities. Contact Mr. Corriveau of Sleeptek to discuss your needs.

## Sleeptek

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## food

**Potato Skins** - According to a professor of toxicology at Cornell University, potato skins naturally produce several dangerous toxins. Two of them are solanine and chaconine, which affect the nervous and digestive systems and may cause severe headaches, nausea and diarrhea. All potato skins contain these substances, although not always at a level toxic to humans. The cutting or bruising of potatoes, the storage in light or at the wrong temperature, can cause levels of these compounds to increase. These toxins can accumulate in body organs to toxic levels.

The second source of toxins in potato skins is the agricultural chemicals used to retard sprouting. In many instances, residue levels have been found to be four times greater than government guidelines allow. Fortunately, many of the major nutrients in potatoes are not in or near the skin, as is commonly thought. Vitamin C is concentrated in the center of the potato and even without its peel, a baked potato still contains about two grams of fiber. Most of the mineral content we thought was in potato skins actually comes from soil clinging to the porous peel. So peel your potatoes. Any contaminants in the soil will be concentrated on the peels. Avoid boiling potatoes in their skins because some of the toxins seep into the flesh. Baking a potato in the oven, however, is less likely to cause toxins to enter the potato itself. Ref:

*Natural Health* - Sept/Oct 93. Any part of a potato which is green should be cut off as it is particularly high in solanine.

**Alligator meat**, from Louisiana alligator farms, can be purchased in frozen 5lbs blocks for \$12.95/lb from Lapointe's Fish Market, 46 ByWard, - 789-6221. The meat is precut filet style. Consult Cajun cookbooks for information on cooking methods.



**Organic Milk Products** - The Heinze family of St. Eugene, ON operate the *Pinehedge Farms* where father and son are dedicated in producing "certified" organic milk, yogourt and kefir - no preservatives, additives or gelatin. (Their animals are fed only their own home-grown organic grains and feed.) And, BELIEVE IT OR NOT, their products are available in glass jars. The jars are triple washed. Their products will, in future, also be provided in plastic containers for those who don't want the trouble of paying the deposit and returning their empties. The organic products side of the operation was achieved after overcoming some bureaucratic obstacles! The yogourt and kefir are distributed to 23 health food stores in the Ottawa area. *Valley Farmer*, Feb 5, 1995.

## Nature's Clothing Co.

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26 Harding Blvd. E, Suite 1, Richmond Hill, ON, L4C 1S8

**Food Buying Club** - Susan Bright has organized an organic food buying club and now has a listing of items available. Great savings are possible through food buying clubs. Deliveries will be made every two weeks in Orleans. Those participating must pick up their orders on the delivery date. Phone Susan at 824-0368 if interested.

**Swimming Pool** - Discover Scuba, 1383 Clyde Avenue, Nepean (723-3483) has a warm water pool (90 degrees F/32 degrees C) using **bromine** instead of chlorine as a disinfectant. The pool is 32' long & 16' wide - 4 ft to 10 ft deep. It is rented for \$30 an hour with lifeguard supervision. 48 hours' notice is requested in order to provide a lifeguard. The pool can be made available to our members on weekdays from 10:00 am till 4:30 pm. Bromine and chlorine are both corrosive agents. People may not react to bromine as readily since they have not been exposed to it. Repeated exposure may precipitate reactions. If you wish to give it a try, contact Elizabeth at 825-8388.



**Corrections** - Correct #12 of the Information Sheet of your Basic Kit re the parent package for school age children with **anaphylaxis** to read the following **address**: AAIA, 30 Eglinton Avenue West, Suite 750, Mississauga, Ont. L5R E37 - (905) 712-AAIA (2242) Fax (905) 712-2245. Eco-Sense of Summer 94 should also be corrected to show latest phone number. **Remove** from your Organic Food Sources List - Specialty Baking - C. Oggell.

Most **deodorant stones or crystals** contain aluminum in some form. Some manufacturers claim their product does not contain aluminumchlorohydrate which, technically, is correct - they contain aluminum sulphate. Crystals are identified by their clear, glass-like look. **Deodorant cakes**, on the other hand, do not contain aluminum and are made of all-natural ingredients. They are, however, slightly rough and potentially uncomfortable. If immersed in water for a while they will disintegrate. *Environment News* - Vol 2, Issue 1 (1992).

**Gardening** - Catalogues for **untreated** garden seeds can be obtained from the following companies:

William Dam Seeds Ltd.,  
Box 338, Belleville, ON, K8N 5A5  
Catalogue \$2, refundable with first order.

Ecogenesis Inc.,  
16 Jedburgh Road, Toronto, ON, M5M 3J6  
Seed List \$2.

In the Ottawa area you can buy some untreated garden seeds at:

Ritchie Feed & Seed  
1390 Windmill Lane (East End) 741-4430  
6001 Hazeldean Road (West End) 836-6880


Bedding plants can be purchased, in mid-May, at the Organic Farmers Market, Kingsway United Church, 630 Island Park Drive - every Saturday 10 am to 2 pm.



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